WE CLAIM:

1. A method of treating cerebral ischemia, cerebral hemorrhage, ischemic stroke, or hemorrhagic stroke in a mammal comprising administering a therapeutically effective amount of at least one of pyridoxal-5'-phosphate, pyridoxal, pyridoxine, or pyridoxamine.

2. The method of claim 1, wherein said therapeutically effective amount is in a range of about 0.5-100 mg/kg per day of the mammal's body weight.

3. The method of claim 1, wherein said compound is administered enterally.

4. The method of claim 1, wherein said compound is administered parenterally.

5. The method of claim 2, wherein said therapeutically effective amount is in a range of about 20-40 mg/kg per day of the mammal's body weight.

6. The method of claim 5, wherein said therapeutically effective amount is in a range of about 40 mg/kg per day of the mammal's body weight.